CLEAN EATING CHALLENGE

Meal Plan

BREAKFAST OPTIONS	LUNCH OPTIONS	DINNER OPTIONS	SNACK OPTIONS
Sweet Potato Toast with Mashed Avocado and a Fried or Scrambled Egg	Lemon Sesame Marinated Tempeh over Salad Greens with a Baked Sweet Potato	Spicy Sprouted Lentil Soup with a Mixed Greens Salad	Apple with Almond Butter
Steel Cut Oats with Plain Greek Yogurt and Almonds	Grilled Pepper Steak with Roasted Butternut Squash and Pears and a Side Salad	Clean Eating Chicken and Wild Rice Soup with a Side Salad	Hard Boiled Egg with a Piece of Fruit
Blueberry, Banana Almond Smoothie	Spicy Honey Brushed Chicken Thighs with Brown Rice and Roasted Broccoli	Roasted Honeynut Squash and Kale Saute with Roasted Chicken	Greek Yogurt Ranch Dip with Cut Veggies

{shopping list}

healthcare CORPORATE HEALTH SERVICES

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